

SUPER-EASY, SUPER-VERSATILE SUPERFOOD SALAD BASE RECIPE

THM (FP)

SERVES: 5+

INGREDIENTS

- 2 (10 oz.) bags fresh cauliflower florets (or 1 head cauliflower florets)
- 3-4 cups kale or spinach (or mix of the two)
- 1 cucumber

PREPARATION

Rinse and drain cauliflower florets. You can pat them dry to help ensure your salad doesn't end up watery. Chop the florets into small bite-size pieces or throw them in a food processor and pulse once or twice. You can leave them as large or small as you like.

Rinse and drain kale. Again, pat dry if necessary. Take a kitchen scissor (or even a clean regular scissors will work) and chop the kale into smaller pieces. Like the cauli, you can leave them as large or small as you like.

Rinse and dry the cucumber. Slice it in half along its length. Take each half and slice again along the length twice so each half ends up in 3 long strips. Cut the strips into bite-size pieces.

Toss all ingredients in a large bowl. You can serve the salad as is with your favorite dressing, try one of the variations or additions listed below, or create your own variation! Feeds 8 as a side dish or 5 as a main dish.

S OPTIONS

- Low-sugar dressing of choice
- Cheese, any variety
- Olives
- Nuts
- Steak
- Hard-boiled egg

FP OPTIONS

- Lemon juice or vinegar for dressing
- Non-starchy vegetables
- Lean deli meat
- Pre-cooked or canned chicken breast
- Berries
- Tuna
- Salmon

Nutrition Facts

Serving size: 1 cup

Servings: 8

Amount per serving

Calories **30**

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 6.6g **2%**

Dietary Fiber 1.5g **5%**

Total Sugars 1.4g

Protein 1.9g

Vitamin D 0mcg **0%**

Calcium 58mg **4%**

Iron 1mg **4%**

Potassium 320mg **7%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

SUPERFOOD BLT SALAD - THM (S)

SERVES: 5+

INGREDIENTS

2 (10 oz.) bags fresh cauliflower florets (or 1 head cauliflower florets)

3-4 cups kale or spinach (or mix of the two)

1 cucumber

1 pint cherry tomatoes

1-1/2 pounds thick-cut bacon

PREPARATION

Rinse and drain cauliflower florets. Chop the florets into small bite-size pieces or throw them in a food processor and pulse once or twice. You can leave them as large or small as you like. Bring a large pot of water to a rolling boil and toss the cauli in. Boil for about 5 minutes so florets are firm-tender, similar to an al dente pasta. Drain, rinse with cold water, and allow to drain further.

While cauliflower is boiling, cook bacon using your preferred method. In this application, I like to bake it on a foil-lined baking sheet in a 400-degree oven for about 20 minutes. Start checking on it after 15 minutes to avoid burning. You want it fairly crisp so it will crumble but not overdone so it doesn't taste burnt. Set strips on paper towels to absorb grease and cool. When cool, crumble.

As bacon is cooking, prep the remaining vegetables as follows.

Cut cherry tomatoes in half.

Rinse and drain kale. Again, pat dry if necessary. Take a kitchen scissor (or even a clean regular scissors will work) and chop the kale into smaller pieces. Like the cauli, you can leave them as large or small as you like.

Rinse and dry the cucumber. Slice it in half along its length. Take each half and slice again along the length twice so each half ends up in 3 long strips. Cut the strips into bite-size pieces.

Toss all ingredients in a large bowl. Serve the salad with your favorite creamy dressing. Our family particularly likes homemade Dill Pickle Ranch Dressing on it, but even a plain mayo-type dressing or bottled creamy dressing like ranch or blue cheese would be great. You can also use the salad wrapped in a low-carb tortilla with some dressing or mayo. Feeds 8 as a side dish or 5 as a main dish.

ITALIAN SUPERFOOD SALAD - THM (S)

SERVES: 5+

INGREDIENTS

2 (10 oz.) bags fresh cauliflower florets (or 1 head cauliflower florets)

3-4 cups kale or spinach (or mix of the two)

1 cucumber

1 pint cherry tomatoes

1 cup small pitted black olives or sliced black olives

1 cup cubed or shredded mozzarella cheese

PREPARATION

Rinse and drain cauliflower florets. You can pat them dry to help ensure your salad doesn't end up watery. Chop the florets into small bite-size pieces or throw them in a food processor and pulse once or twice. You can leave them as large or small as you like.

Rinse and drain kale. Again, pat dry if necessary. Take a kitchen scissor (or even a clean regular scissors will work) and chop the kale into smaller pieces. Like the cauli, you can leave them as large or small as you like.

Rinse and dry the cucumber. Slice it in half along its length. Take each half and slice again along the length twice so each half ends up in 3 long strips. Cut the strips into bite-size pieces.

Cut cherry tomatoes in half.

Toss all ingredients in a large bowl. Dress this version with an Italian vinaigrette or creamy Italian dressing. Feeds 8 as a side dish or 5 as a main dish.

GREEK SUPERFOOD SALAD - THM (S)

SERVES: 5+

INGREDIENTS

2 (10 oz.) bags fresh cauliflower florets (or 1 head cauliflower florets)

3-4 cups kale or spinach (or mix of the two)

1 cucumber

1 pint cherry tomatoes

1 cup pitted kalamata olives

1 cup crumbled feta cheese

PREPARATION

Rinse and drain cauliflower florets. You can pat them dry to help ensure your salad doesn't end up watery. Chop the florets into small bite-size pieces or throw them in a food processor and pulse once or twice. You can leave them as large or small as you like.

Rinse and drain kale. Again, pat dry if necessary. Take a kitchen scissor (or even a clean regular scissors will work) and chop the kale into smaller pieces. Like the cauli, you can leave them as large or small as you like.

Rinse and dry the cucumber. Slice it in half along its length. Take each half and slice again along the length twice so each half ends up in 3 long strips. Cut the strips into bite-size pieces.

Cut cherry tomatoes in half.

Toss all ingredients in a large bowl. Dress this version with a balsamic vinaigrette dressing with 2g or fewer carbs per serving or even just a mix of balsamic vinegar and olive oil. Feeds 8 as a side dish or 5 as a main dish.